

February 23, 2017

Good morning, Senator Formica, Senator Osten, Representative Walker and distinguished members of the Appropriations Committee:

My name is Shacarra Hite and I am a resident of Hartford, CT. I am here to speak on the Governor's proposal about the budget for The Department of Mental Health and Addiction Services. I disagree with the proposed budget cuts for various reasons. I am currently a staff member of The Chrysalis Center. To me Chrysalis means hope, we provide so many services for low income individuals with mental health conditions and substance abuse issues as well. We educate individuals and connect them to outside resources that will eventually improve their quality of life. Without The Chrysalis Center people within our community would not receive the help that they need and would not be guided down the right path to success. I urge you to support important services for people with mental health and/or substance abuse disorders.

Thank you for listening to me today

Sincerely,

Shacarra Hite

A handwritten signature in black ink, appearing to read 'S. Hite', written in a cursive style.

February 23, 2017

Dear Senator Formica, Senator Osten, Representative Walker, and distinguished members of the Appropriations Committee:

My name is Danielle Thornton, and I am a resident of Harford. I am writing to you in regards to the governor's proposal about the bud Department of Mental Health and Addiction Services.

I have worked in DMHAS funded programs for over ten years. I have personally observed the difference these services make in an individual's life. Not only do the services improve the quality of life for many of our state's most vulnerable individuals, but they also reduce the costs spent on alternative care.

Through working with individuals on how to manage their mental health symptoms, many of our program participants have drastically reduced their utilization of hospital emergency departments, and lessened their in-patient psychiatric hospitalizations. This is both beneficial for the individual, and saves money on more costly treatment options.

By providing individuals with programs that will teach them employment skills, and coaching on how to manage mental health symptoms while working, individuals are allowed to become productive members of our community. Not only is employment beneficial for the individual, but also it drastically reduces the cost of incarceration, since many of these individuals previously resorted to criminal behavior for their daily survival. I've personally witnessed individuals with mental health and/or addiction, reduce or eliminate their dependence on state supplements and SNAP benefits, due to being supported with maintaining employment.

I urge you to support these vital services for people with mental health and/or substance use disorders. The impact of losing these services would be detrimental for our community.

Thank you for your continued support,

A handwritten signature in blue ink, appearing to read 'Danielle Thornton', with a large, stylized loop at the end.

Danielle Thornton

Chrysalis Center, Inc

To whom it may concern, DSS Legislators ,

My name is Antonio C. I've being a sibling of 4 of us. Me being the second adult I have learned that people with mental health have a voice. We can show our values to live life beyond all promises. We are the part of community that should be in all laws as protected citizens. I myself have had several suicide attempts and today my life has meaning. I have learned how low mental health through self-esteem has concord me. My life has to improve where I have learned to love my self and also accept others in my life. The way my life is going am happy am proud of many legislators which have struggle to keep Medicare Medicaid Obama Care ,Blue shield Blue Cross and also Husky Insurances alive. Without the insurance of practice I would probably be less than 7 feet in the ground. My facility of medication has proven too me a better way of living. Stigmas will always be upon life but they can also show and improve what defines a better lifestyle. I have found myself with in the use of abilities of mental health. Not only my life will be tortured but many others also with the present cuts on the budget. The one and only thing that wakes me up is the grateful ability to be on medication. Also not just any medication but the correct so that I can live strong and triumph with my medication for my Bipolar disorder. I have been in many close doors and the mental health services I receive at the present moment have gave me prosper and success to strive a better future. I feel not alone but with the gratitude of legislators I can prosper and help others. As for so many counsellors and others in this status can move forward upon recovering from mental health have showed me. Showing the world that it is possible to make and create the change of moving forward.

Antonio C.

February 22, 2017

Dear Senator Formica, Senator Osten, Representative Walker, and distinguished members of the Appropriations Committee:

My name is Keith Burton and I am a resident of Hartford. I am here to speak on the governor's proposal about the budget for Department of Mental Health and Addiction Service.

I currently receive DMHAS funded services; which allowed me to stabilize my mental health and obtain housing. I was homeless for over ten years, due to having difficulty managing my symptoms. Through DMHAS case management and recovery center funding, I was able to obtain education about my mental health diagnosis, and learn skills to manage these symptoms.

I regularly attend a DMHAS funded recovery center, where I participate in activities and learn skills to prepare me for future employment. I receive DMHAS skill building case management; which teaches me skills to maintain my housing and mental health recovery.

Now that I am becoming more stable with my mental health, I have started to give back to my community. I volunteer three times per week at a local food pantry, and I'm learning employment skills. My goal is to obtain employment in the near future, that will allow me to reduce my use of state funded assistance programs; such as SNAP and SAGA.

If these services were cut, I would lose the housing and support I need to continue on my path to recovery.

Sincerely,



Keith Burton

525 Hudson Street

Hartford, CT 06106

Testimony before the Appropriations Committee

February 23, 2017

Good morning Senator Formica, Senator Osten, Representative Walker and Distinguished members of the Appropriations Committee:

My name is Lalita Rathnam and I am a resident of Hartford. I would like to speak on the governor's proposal about the budget for Department of Mental Health and Addiction Services.

I receive Social Security Income. I have a conservator of Estate. I live in a group home, where my meals are prepared for me and appointments are made for me. I have benefitted from Medicaid, Medicare, SNAP, ADA Paratransit and Dial-A-Ride. Without these services I would be in BAD shape. If I was not able to see my doctor or my therapist or receive my medications I would be dead.

I have received Case Management services from Chrysalis Center Inc. for 5 years. If I didn't have Case Management services from Chrysalis I would never know that I can "move forward" and help myself. Because of their services, I feel better about myself. I have learned to set goals for myself. I have learned how to deal with life's problems. I have a Case Manager that helps me help myself and teaches me about Community Resources. I have learned that I am NOT ALONE and I don't need to be alone.

I urge you to support important services for people with mental health and/or substance use disorders. Without them I would be lost.

Thank you for Listening.

A handwritten signature in black ink, appearing to read "Lalita Rathnam". The signature is written in a cursive, flowing style.

Lalita Rathnam

February 21, 2017

Good morning, Senator Formica, Senator Osten, Representative Walker and distinguished members of the Appropriations Committee:

My name is Latoya Myrie and I am a resident of Hartford, CT. I am here to speak on the Governor's proposal about the budget for The Department of Mental Health and Addiction Services. I disagree with the proposed budget cuts for various reasons. I am currently a participant at The Chrysalis Center and have been for over 3 years. Within these three years I've gotten a lot of support from Chrysalis staff. Without the support, I probably would end up in the hospital because of my mental illness. Since being at The Chrysalis Center my life has changed; I no longer isolate myself, and learned how to cope with my depression. If our services were cut I would no longer have positive people to talk to, I would be unaware of outside resources that could improve my quality of life, and wouldn't receive case management services. I urge you to support important services for people with mental health and/or substance abuse disorders.

Thank you for listening to me today

Sincerely,

Latoya Myrie



February 22, 2017

Good morning, Senator Formica, Senator Osten, Representative Walker and distinguished members of the Appropriations Committee:

My name is Ronald Gomez and I am a resident of Hartford, CT. I am here to speak on the Governor's proposal about the budget for The Department of Mental Health and Addiction Services. I disagree with the proposed budget cuts for various reasons. I am currently a participant at The Chrysalis Center and have been for 4 years. To me the Chrysalis Center makes a difference and changes lives. Since coming to Chrysalis I have a different outlook on life. Many of us need the help, and Chrysalis gives us that start we will eventually need to be independent and do things on our own. If there were no more Chrysalis, I would be sad and truly feel lost. I urge you to support important services for people with mental health and/or substance abuse disorders.

Thank you for listening to me today

Sincerely,

Ronald Gomez

A handwritten signature in cursive script that reads "Ronald Gomez". The signature is written in dark ink and is positioned below the printed name.

Q

MY NAME IS ROBERT J DALY JR
I am 64 YEARS old. I first interacted with
a MENTAL HEALTH environment AT THE AGE of
27 AS A Voluntary Admit AT TOL IN HFD
AT Present I am under a diagnosis
of Autism with TDD

My mental HEALTH treatment
~~has~~ journey before Chrysalis was unproductive.
I WASTED THOUSANDS upon thousands of
Dollars for NAUGHT.

Chrysalis hasn't been easy at times
but it has given me a new lease on life
and hope for a brighter future.

Before Chrysalis I was effectively
on the mental health merry go round.
Chrysalis introduced me to professionals who
were realistically intune with my mindset
Chrysalis has enabled me to reduce my
Mental Health needs to one medication only
Chrysalis has given me enough confidence
that coupled with my faith, I am all but out
of Psychiatrist conducted talk therapy

~~Q~~

Curry sails is on the cutting edge of change in Mental Health treatment.

I learned about Djenabe Drumming I learned how to use hobbies as a means to be proud of my ability to create things.

I found new ways to view my self personally.

I have begun to be proud of myself and know that I matter.

I have started to admit it when I am wrong where I would not in the past.

I am able to accept constructive criticism and suggestions.
~~I am much less able to~~

I am able to stay in tough conversations as I have begun to learn the structure of corrective action

I have begun attempt to actually put my ideas into action. If I weren't to make something I go to hardware store and think in the aisles. As opposed sitting alone in my house

Chrysalis is like an open air victory garden for the mind. It can work at a productive pace with positive encouragement from staff.

Chrysalis environment is beneficial because the on going change is always there so what you can do and we can talk

When I think of what I was at 27 and who I am at 49, I sometimes get frustrated because prior to Chrysalis I felt no hope of a brighter day and this lasted for almost thirty years. I was in private sector care

Chrysalis is an innovator with a restriction set that makes no sense. Why would people want to work at a place where the paradigm would weigh in then the joy of ~~discovery~~ discovery.

